

Jr Falcons Youth Cheer
Parent and Cheerleader Handbook
2022-2023



Jr. Falcon Cheer Coaches and Coordinators

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Jr. Falcon Cheer Coaches Mission

We are dedicated to providing a fun, positive atmosphere and experience for our Jr. Falcon cheerleaders while developing our future Hanford Falcon Cheerleaders!

Jr. Falcon Cheer Coaches Goals

It is our job as cheer coaches to ensure that the cheerleaders we coach will be better cheerleaders when they leave us, from when they arrived. We would love to create a winning cheer squad, but more importantly learn the love of cheer and sisterhood. Several years from now they will not remember the games they cheered for that won, they won't remember their results from their cheer competitions. What they are going to remember is the journey of their cheer experience and the time they spent together bonding and becoming cheer sisters that will create a lifetime of memories.

Parent Commitment

Finances-cost of registration for cheer program, cheer shoes, uniform supplements, individual and team pictures, HHS cheer clinics, help with cost of cheer team bonding activities (advance notice will be given in a timely manner.)

Transportation – please arrive on time for both start and finish of Jr. Falcon practices, games and events. Coaches will not leave any cheerleaders behind to wait for parents.

Communication-email, Facebook cheer page, SI Play app, and of course in person

Respect - parents will be respectful to coaches as coaches will be respectful to parents. No foul language and negative comments in emails, on the Facebook cheer page, in person, or over the phone. If there is a concern, please notify the cheer coach or Jr. Falcon Youth Football Cheer Coordinator so we can work together to resolve any questions or concerns. We want to work together in a positive environment as a big Jr. Falcon cheer family.

Assist in team fundraisers which may include chaperoning, assisting with concession at football games

Assist with team bonding activities

Cheer snacks for football games and cheer competitions

Ensure that all equipment that belongs to the Jr Falcon league is returned

Cheerleader Commitment

As a Jr. Falcon cheerleader you will participate from beginning of the season to the end of the season and be fully committed to your team with a great attitude.

Cheer commitment comes first. Although we encourage participation in other activities/sports. We need to be notified in advance if an activity or sport may interfere with your commitment to your cheer squad. We would like to work together to make both work.

Attendance is important for you and for your cheer squad. One person being absent affects the entire squad. This is especially important during winter competition season. Absences should always be avoided if possible and only for sickness and for mandatory school activities. If you will be absent, please notify your cheer coach.

Cheer Camp (3 Day in August)

Cheer Practices (2 days a week 1.5 hours)

Jr. Falcons Youth Football Games (Saturdays fall season)

Cheer Bonding Activities (parents and cheerleaders will be notified of activities in a timely manner in person and via email and Facebook cheer page)

Fundraisers (Car Wash, Dinner Nights, Yard Sale)

Parades (Veterans Parade-November)

Cheer Competitions (winter competition season only)

What we are looking for in our Jr. Falcon Cheerleaders are positive attitudes, smiles, ability to work with the team, flexibility and willingness to try something new, sharp motions, jumps, stunts, respect, trust in one another, support each other, motivate one another, complement each other, and most importantly to have fun together.

Mandatory Cheer Appearance

Cheer Practice-you are to wear your cheer practice shirt, shorts, socks, and cheer shoes

Cheer Practice hair-ponytail and out of face

Game Day-Full uniform (shell, crop top, skirt, cheer spunks, cheer shoes, cheer socks, cheer bow) and must be neat and clean

Game Day Hair-high ponytail out of face and cheer bow

Competition-Full uniform must be neat and clean

Competition Hair-high ponytail, hair out of face, cheer bow

Competition Makeup- Red lip and mascara

****Please note: issued uniforms (shell and skirt) are property of Jr Falcon Football and Cheer. They MUST be returned at the end of the season. If not returned, a \$110 fee will be applied****

What NOT to Wear

Jewelry-earrings, necklaces, bracelets

Sandals, flip flops, slip on shoes

Jeans or jean shorts

Standards of Cheerleaders

You are part of a cheerleading program. Your teammates are your cheer family. Commit totally to be a person that everyone you know will be proud to say you are part of the Jr. Falcon Cheer team.

You will obtain knowledge of all cheers, chants, dance routines, cheer terminology, techniques and safety and will be able to perform at games, events and competitions.

No one can stunt without following the stunt progression chart and without a certified stunt coach present.

Everyone will learn correct spotting technique to help ensure the safety of those learning new stunts.

We will only perform stunts that are approved and legal for our cheer program.

Be an active listener and accept constructive criticism

Set an example of good behavior at all times in uniform and out

Game Expectations

Arrive to your assigned game 30 minutes prior to the game time.

You will warm up for the first 15 minutes and review necessary material for 15 minutes before the start of the game.

Transportation to and from games are required and to be communicated to cheer coaches.

No cheerleader will be left behind at practices, games, competitions, or events.

Execute cheers and chants during the game.

Remain cheering during the entire game with a great attitude.

Control and lead the crowd through organized cheers and chants. This is the LEADER part of cheerleader.

Do not socialize with players or crowd during the game.

Follow your teammates and coach directive during cheers and chants

No chewing gum or eating food during the games

Perform stunts only that have been perfected. All stunts need to have the proper spotters. Only can stunt with a certified cheer coach.

Parent and Cheerleader Commitment, Standards and Expectations Acknowledgement Agreement

I have read and understand the Jr. Falcon Cheerleading expectations and standards. I agree to follow these rules and policies and cooperate fully with the other members of the cheerleading team and the coaches.

Cheerleader Name: _____

Cheerleader Signature: _____

Date: _____

Parent(s) Name: _____

Parent Signature: _____

Date: _____

Jr. Falcons Youth Cheer Team

Informed Consent and Acknowledgement Agreement

I/We, _____ parent(s) and guardian of _____, who is a member of the Jr. Falcons cheerleading team. In consideration of allowing our son/daughter to participate in all activities associated with the team, do give our consent for such participation by our son/daughter.

We understand that our son/daughter is required to be in good physical shape and condition and that the activities, which he/she will be asked and expected to participate in, are strenuous and require physical and athletic agility. It had been fully explained to us that these activities include but are not necessarily limited to a variety of gymnastic routines, including somersaults, cartwheels, round-offs, back handsprings, and aerials; that there will be a variety of mounts and stunts requiring the coordination of more than one participant on the squad; that these activities will not be confined to any one site or venue, but rather a variety of sites and places throughout the season(s).

It has also been explained to us that cheerleading is an activity in which the risk of injury is high; that any one of the routines involving our son/daughter's participation in cheerleading activities in general could lead to serious injury, including partial or total paralysis, even death. We have also discussed this with our child and among ourselves. Despite this understanding of the possibility of serious or catastrophic injury or death and the risks involved, we still consent to the participation in this activity by our son/daughter.

We also understand that our son/daughter will be required to travel to locations other than Hanford High School for the purpose of participating in cheerleading activities that the transportation will be provided to him/her by coaches, cheer coordinators, or other cheer parents as needed. We also consent to such transportation.

We represent to you that, to the best of our knowledge and belief, our son/daughter has no physical, medical or mental disability or other limitation that would restrict his/her ability to fully participate in this activity as described and explained to us.

We agree to and by signing of this agreement, release the cheer coaches, cheer coordinators, cheer parents who are volunteers of the Jr. Falcon Youth Program and all others in contract with them from any claim of negligence by ourselves, our son/daughter, our heirs, executors and assigns, from any liability arising from claims for damages for injury to our son/daughter and any claims for loss or damage to his/her property which may arise out of his/her participation in the Jr. Falcon Youth Cheer Program for the team that they are a member.

Informed Consent and Acknowledgement Agreement (cont)

In witness whereof, I/we have affixed our signature(s) to this agreement this day ____ for _____,
2022 in Richland, WA

Parent Signature/Date

Parent Signature/Date

Jr. Falcon Cheerleader

Name _____ Age _____ Grade _____

School _____

Parent(s) Name _____

Mom/Dad

Phone Number(s) _____

Mom/Dad

Email _____

Email _____

Name-Relationship Phone#

Emergency Contact _____

Health Conditions _____

Allergies: _____

Other Info

Birthday _____

Favorite color _____

What is something that you would want us to know about your cheerleader?